



# South Central District Health

*Keeping your family & community healthy*  
*1020 Washington Street North \* Twin Falls, ID 83301*  
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September 28, 2006

**PRESS RELEASE – For Immediate Release**

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**Arthritis Physical Activity Class Changes Meeting Days**

The Arthritis Foundation Exercise class (formerly called PACE) sponsored by South Central District Health, Bridgeview Estates, Twin Falls Senior Center, and the Arthritis Foundation will be offered at the Twin Falls Senior Center on Tuesday and Thursday afternoons from 1:30-2:30 p.m. The senior center is located at 530 Shoshone St. South in Twin Falls. This class is free and new participants can register on-site at their first class.

Studies have found that physical activity can help alleviate some arthritis pain. For many years, it was believed that physical activity would do more harm than good for people with arthritis. It was believed that physical activity could damage joints, but recent studies show the opposite. Studies show that moderate physical activity helps people with arthritis. Regular moderate physical activity can help people with arthritis feel less pain, move more easily and do more activities, and feel more energetic and positive. It also helps keep muscles, bones, and joints healthy. Low impact activities are best such as walking, swimming, and biking

For more information, please call Susie Beem at South Central District Health, at 737-5946.

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